



*Committed to
empowering lives*

Psychosocial Projects in Gozo

The Malta Trust Foundation

Founded on the 15th May 2015

TMTF is governed by a Board of Administrators.

It is regulated by the Laws of Malta, Chapter 16, Second Schedule (Legal Organisations) and furthermore by Chapter 492 (Voluntary Organisations).

TMTF is a registered non-governmental organisation with VO No. 1761.



The Malta Trust Foundation

Aims to address gaps within existing psycho-social services for vulnerable and disadvantaged children, young people and communities facing socio-economic challenges, and who are at risk of poverty or social exclusion.



Initiatives

All initiatives are well-defined projects emerging from priorities in the social field.

The projects are research-based, well-planned and costed to ensure an efficient, effective and sustainable service.

All projects are analysed and audited on a regular basis.



Four Thematic Pillars

- DisAbility
- Mental Health & Wellbeing
- Formal & Non-formal Education
- Youth Participation & Empowerment

DisAbility

- ❑ **E-Cubed**

Empower, Enhance, Educate

- ❑ **The Embrace Project**

Access to therapies for children and young people

- ❑ **Centre for Music and the Arts**

For children and young people with disAbilities

- ❑ **ISPORT**

Making sports accessible for visually impaired children

Mental Health & Wellbeing

- **The Blossom Project**

 - the provision of counselling services in schools

- **The Sunrise Project**

 - Gozo's community mental health initiative

- **Dar il-Kantuniera**

 - a short stay therapeutic mental health home in Gozo

Formal & Non-Formal Education

- **Programm Tbissima**

 - non-formal education for social and personal development

- **IDEA Education Programme**

 - provision of accessible lessons in core academic subjects

- **Your Device Your Right**

 - targeting the digital divide whilst reducing e-waste

Current Projects in Gozo

- **Dar il-Kantuniera**
- **Sunrise**
- **Blossom – Gozo College**
- **E-Cubed**
- **Embrace**

The Sunrise Project: Community Mental Health and Social Support in Gozo

Omar Caruana & Monique Caruana



Program Structure

Referral Pathways

Psychiatrists

Consultants

Direct outreach

Client Classification

Complex Cases: Intensive support and monitoring

Non-Complex Cases: Empowerment and independence coaching



Client Engagement and Support

Visit Frequency and Type

Frequency: 2–4 visits/month per client (higher for complex cases)

Types of Visits:

In-person home visits

Emotional support sessions

Goal reviews and social integration assistance

Sunrise Project clients for 2024

Gender	New Referrals	Active	Closed	Re-Activated
Male	4	7	5	1
Female	11	9	6	2
Total	15	16	11	3

Breakdown of current client base

Client Status	Count	Percentage
Active	18	41%
Closed	19	43%
Deceased	3	7%
On-Hold/Refused	4	9%
Total	44	100

Real-Life Outcomes

Improved budgeting, communication, and emotional regulation

Greater vocational engagement and independence

Rebuilding of family and social relationships

Notable Achievements: Full-time job placements

Ongoing volunteering

Mental health stability following long-term struggles



Program Expansion 2025

New Target Groups

Elderly individuals and adults aged 50+

Adults facing chronic loneliness or social disconnection

Additional Services

Monthly group activities

Light, community-based outreach and coaching



Prospective Goals for the future

Deepen elderly engagement

Expand outreach strategies

Continue staff training

Develop inclusive social activities

Strengthen referral and support network



Dar I-Kantuniera

Michael Azzopardi



Dar il-Kantuniera

- Inaugurated in October 2021 in Għarb, Gozo
- Serves individuals aged 18+ residing in Gozo with mental health conditions
- Community-based, person-centred sheltered accommodation model
- Holistic Person-centred approach
- ‘Home away from home’
- Temporary residence for rehabilitation and reintegration

Facility Overview

- 3 bedrooms, max 6 residents (gender-based sharing)
- Average of 21 residents supported per year (2022–2024)
- Typical stay: 3 months (flexible based on needs/progress)
- 80% success rate in preventing hospital re-admissions

Core Objectives

- Holistic, individualized care approach
- Promote independence and community reintegration
- Support transition from hospital or community rehabilitation
- Focus on dignity, empowerment, and recovery



Key Services Provided

- Personalised care plans with specific individual goals
- Skill-building in Life Skills:
 - Budgeting and money management
 - Time management and routine planning
 - Communication and interpersonal skills
 - Daily tasks: hygiene, laundry, cleaning
 - Meal planning, shopping, cooking
 - Emotional regulation and coping strategies
- Continuous staff support and guidance

Rehabilitation Activities

- Daily and group sessions for skill development
- Outdoor activities to support community reintegration:
 - Errands, walks, cultural visits, events
- Structured routines to build independence
 - Ongoing communication with residents' professionals
 - Multidisciplinary approach for optimal outcomes
 - Encouraging resident engagement and progress monitoring

Ongoing & Future Developments

- Staff training and professional accreditation
- Regular supervision and mental health expert support
- Renovations for enhanced resident privacy
- Collaboration with Sunrise Project for joint activities
- Involvement of skilled past residents in activities
- Expanding services to support dual diagnosis cases (mental health + substance abuse)

E-Cubed - Empower, Enhance, Educate

Lianne Cassar



E-Cubed - Empower, Enhance, Educate

The project aims to help children on the Autism spectrum, or who are non-verbal, visually impaired or have complex communication difficulties by providing Augmentative Assistive Communication devices (AAC), Assistive Technology devices (AT), such as Envision Glasses, or Communication Aids.

25 devices were distributed in Gozo since the beginning of the initiative.



Your Device, Your Right

Lianne Cassar

- Your device, Your Right aims to provide second-hand refurbished laptops and tablets to students and young people who do not have one.
- The initiative also serves to reduce E-waste
- Distribution to date in Gozo:
 - 40 laptops
 - 10 tablets
 - 2 desktop computers



Embrace

Lianne Cassar

- The Embrace Project supports children with a disability or condition and who need long-term therapy sessions.
- Fourteen Gozitan families are currently benefiting from this project



Therapies supported

1. Occupational
2. Hippotherapy
3. Behavioural
4. Osteopathy
5. Physiotherapy
6. Play Feeding
7. Psychotherapeutic
8. Counselling
9. Sensory Sport Therapy

Projected for Gozo Vajringa Centre for Music & the Arts for Children with DisAbilities



The RIGHTS Project Gozo

Children's Local Councils throughout Malta & Gozo

125 participants

in

13 localities



The future

The objective of The Malta Trust Foundation for Gozo is that all children living in Gozo will have all the psychosocial services that children living in Malta enjoy, so that they too may have every opportunity to fulfil their dreams and aspirations with dignity.



Initiatives in progress

- 1. Vajringa Centre for Music and the Arts for children with disAbilities**
- 2. Multi-sensory rooms within reach of all schoolchildren**

Thank you

